

News

School Nurse and School Health Services

Iowa Department of Education

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Influenza Season 2010-2011

The Iowa Department of Public Health (IDPH) continually assesses federal health guidelines and information to protect the health of Iowans during the flu season. The Iowa influenza surveillance network (IISN) posts weekly online flu reports

http://www.idph.state.ia.us/adper/flu_iisn.asp. The December 19, week 50 report stated, 'Five schools reported >10% absence due to illness, this includes all illness types such as gastroenteritis.' For influenza information and how to reduce your risk go to

<http://www.idph.state.ia.us/adper/flu.asp>. Influenza, a respiratory illness most often causes fever, headache, extreme tiredness, coughing, sore throat, and a runny or stuffy nose. Occasionally, nausea and diarrhea accompany the respiratory symptoms. Remind others the flu virus is spread when people who are ill cough or sneeze without covering their mouths and noses, sending tiny droplets of saliva into the air for others to breathe in and get sick. A person can also get the flu by touching a surface or object (door handle) touched by someone with the flu (who coughed into their hand) and then touch their own mouth, eyes, or nose.



Schools and Bed Bugs



Bed bugs, while an annoyance, have not been found to carry disease; however cause panic. With the increased number of reported cases of bed bugs in Iowa communities, it is recommended schools provide bed bug information to the community and the school plan. It is critical to remain calm and not panic. General guidelines for schools follow:

- Provide bed bug information/education for all staff, students, families, and the community. Examples: Bed bug biology.
- Identify community resources for future use. Examples: Local Public Health, pest control managers, and community regulations.
- Develop a regular inspection schedule. Examples: Every month check the structure (home/business) for insects and remove clutter.
- If an insect sighting is reported, inspect the area.
- If an insect is found, capture and seek insect identification by a professional expert. Examples: local pest manager, ISU pest ID.
- If the insect is identified as a bed bug by a professional expert, consider management options and remain calm.
- Assess the individual situation, refer to resources, and develop a plan to assist the student, family, and school.

Resources

Iowa Department of Public Health

Iowa Healthy Homes Initiative http://www.idph.state.ia.us/eh/healthy_homes.asp

Fact Sheet http://www.idph.state.ia.us/eh/common/pdf/board_of_health_assistance/factsheet_bed_bugs.pdf

Michigan Department of Community Health-Bed Bugs: What Schools Need to Know?

http://www.michigan.gov/emergingdiseases/0,1607,7-186-26346_25949_55522---,00.html

Iowa State University

Diagnostic Clinic. <http://www.ipm.iastate.edu/ipm/iin/contact>

Household Pest Identification Form. <http://www.extension.iastate.edu/Publications/IC449.pdf>

Ken Holscher, Entomology, Bed bugs in Iowa are more plentiful, but can be avoided with care.

<http://www.extension.iastate.edu/taylor/news/bed+bugs.htm>

IdentifyUS, Identification products & services. Bed Bugs-School recommendations.

<http://identify.us.com/bed-bugs/BedBug-FAQS/what-should-schools-do.html>

Identification of suspected Bed Bug infestations. <http://identify.us.com/bed-bugs/bed-bug-document-downloads/bed-bug-mgmt chart.pdf>

U.S. Centers for Disease Control and Prevention (CDC) and the U.S. Environmental Protection Agency (EPA). Joint Statement on Bed Bug Control in the United States. http://www.cdc.gov/nceh/ehs/Publications/Bed_Bugs_CDC-EPA_Statement.htm

U.S. EPA. Top Ten Bed Bug Tips. <http://www.epa.gov/pesticides/factsheets/bed-bugs-faq-fs.html>

Resources accessed online December 2010.

School Nurse Webinars

If you have never attended a Connect Pro meeting before: Test your connection:

http://iowaec.na4.acrobat.com/common/help/en/support/meeting_test.htm Get a quick overview:

http://www.adobe.com/go/connectpro_overview

- Thursday, January 27, 2011, 3:00 pm-4:00 pm. *Iowa Mental Health Resources for Children and Families*. Presenter: Laura Larkin. Please join this Connect Pro Meeting on your computer by going to: <http://iowaec.na4.acrobat.com/r36813178/>
 - Wednesday, February 9, 2011, 3:00 pm-4:00 pm. *School Health Council Role and Function*. Presenters: Charlotte Burt and Carol Hinton. Please join this Connect Pro Meeting on your computer by going to: <http://iowaec.na4.acrobat.com/r30686366/>
 - Thursday, February 24, 2011, 3:00 pm-4:00 pm
OSHA-Occupational Exposure to Bloodborne Pathogens. Presenter: Charlotte Burt. Please join this Connect Pro Meeting on your computer by going to: <http://iowaec.na4.acrobat.com/r77002464/>
 - Thursday, March 3, 2011, 3:00 pm-4:00 pm. *Students with Health Disabilities Needing Special Health Services at School*. Presenter: Charlotte Burt. Please join this Connect Pro Meeting on your computer by going to: <http://iowaec.na4.acrobat.com/r15471044/>
- Nursing Continuing Education is not available

Medicaid Presumptive Eligibility

If a school is a Medicaid provider, the school nurse may apply to become a Qualified Entity (QE). The school nurse contacts Iowa Medicaid Enterprise, Provider Enrollment, 800-338-7909, opt. 2 or Des Moines area nurses, 515-256-4609, opt. 2 and completes a web-based training and electronic certification to become QE to make the “presumptive” determination about a child’s eligibility based on the family’s self declaration statement regarding income.

To qualify for Medicaid, the child must be under age 19, an Iowa resident or qualified alien, and have a gross family income less than 300% of the Federal Poverty Level (FPL) based family size. No verification of income is needed at the time of the Presumptive Eligibility determination. The child’s family will complete and sign an original application form. The QE school nurse will enter the application data into an online Iowa Medicaid application and if student is found eligible, the QE school nurse will print and provide a Notice of Decision to the family to take to the health provider to receive services.

All presumptive applications are then referred to DHS for an ongoing Medicaid eligibility determination. During the formal Medicaid eligibility determination, DHS will verify income, citizenship, alien status, identity, and other information as necessary. Presumptive Eligibility is a process that provides immediate access to health care services for a child who appears to qualify for Medicaid or while his or her eligibility for the health care coverage programs is being determined. Presumptive Eligibility makes it possible for children to receive immediate medical services or prescriptions within 24-48 hours of the approval or “Notice of Decision” and assures providers that they will receive payment. Contact Jim Donoghue, DE Medicaid Consultant, jim.donoghue@iowa.gov

The Healthy Kids Act

- Established nutritional content standards for food/beverages sold/provided on school grounds during the school day.
 - Requires school districts and accredited non-public schools to ensure every student in grades K-5 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity.
 - Every student completes a course leading to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12. *Effective class of 2011-2012.*
 - Requires Iowa’s Area Education Agencies (AEAs), or a consortium of two or more AEAs, to contract with a licensed dietitian.
- The Healthy Kids Act was developed to prevent overweight and obesity among children and you can:
- Help children develop healthy eating habits.
 - Promote active lifestyles.
 - Provide students with a solid foundation for a better future.

The Nutritional Content Standards include: Vending, a la carte, and regulated fundraising items (any foods/beverages sold to students between the first bell and the last bell) sold to students during the school day must meet the requirements see brochure, http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1769&catid=838&Itemid=2545 and Healthy Kids Q&A http://www.iowa.gov/educate/support/index.php?_m=knowledgebase&_a=view

Dental Screening Audit Report and Audit Summary Narrative

The audit found 70% of students submitted a Certificate of Dental Screening, <1% submitted a Certificate of Dental Screening Exemption, and 30% did not submit any documentation. The 2009-2010 school dental screening audit report is online http://www.idph.state.ia.us/hpcdp/oral_health_school_screening.asp. The Certificate of Dental Screening (revised 7/14/10) is also available on the site. Contact: Sara Schlievert, IDPH, Oral Health Bureau, phone 515.281.7630, email sschliev@idph.state.ia.us

Healthy Iowans

IDPH Healthy Iowans Coordinators are working to develop Iowa's critical health issues. Approximately 100 committees, organizations, and state governmental agency partners will identify health needs or issues they believe should be included in the state health plan. Through the use of an online recommendation form, contributors to Healthy Iowans will be asked to respond to six questions about each health issue or need they have identified. For example, they will be asked how many Iowans are affected by this health need, whether current improvement plans outline specific steps for addressing the issue, and how quickly the need can be addressed. The form allows recommendations in six focus areas including: Prepare for, Respond to, and Recover from Public Health Emergencies; Prevent Epidemics and the Spread of Disease; Prevent Injuries; Promote Healthy Behaviors; Protect Against Environmental Hazards; and Strengthen the Public Health Infrastructure http://www.idph.state.ia.us/adper/healthy_iowans.asp

Smoke Detector Project

The Iowa State Fire Marshal Smoke Detector Project-Smoke Detectors Save Lives-the "100 Year - 100%" campaign, in partnership with the Iowa Department of Education, seeks to check for and install at least two working smoke detectors in the homes of Iowa school children grades K-6 by the end of calendar year 2011. More information at <http://www.dps.state.ia.us/fm/index.shyml>

Assessing Body Mass Index among Iowa Elementary School Students

Measuring Student Body Mass Index (BMI) is an approach to address overweight/obesity attracting attention across the nation. Some states, cities, and communities have established school-based BMI-measurement programs and others are considering initiating such programs. This article describes the measurement of BMI by school nurses in 30 Iowa elementary schools.

Overweight/obesity prevalence rates have been well-documented using self-reported height/weight across age groups in Iowa. However, the validity and reliability limitations of self-reported data have been noted. Further, inadequate standardized assessments have been conducted to document overweight/obesity prevalence rate among elementary school-aged Iowa children. Participants included a random sample of 30 Iowa elementary schools grouped by rural/urban. Parents provided consent and information on child gender, race/ethnicity, participation in free/reduced school food program, and consumption of sugar-sweetened beverages (SSB).

Third grade student participation rate was 76%. The majority of participants (88%) were Caucasian; 51% boys; and mean age 8.5 years. Among all schools, BMI percentages were 61.2% of students had a normal BMI and 37.1% were either overweight or obese. Among all students, 61.5% males and 61.1% females had a normal BMI. Findings were underweight, overweight, or obese, respectively; males 1.7%, 16.3%, 20.6% and females 1.7%, 14.5%, and 22.6%. Parents were asked about their child's daily consumption of SSB finding 70.3% students drank 1 or 2 servings per day, while the remaining 29.7% did not drink these beverages.

Overall, the current study found that 37.1% of measured 3rd grade students were either overweight or obese and 70.3% drank 1 or more SSB servings each day. The school nurses played an important role in documenting valid and reliable assessments of BMI providing prevalence rates of overweight/obesity evidence. The BMI assessments can be a valuable tool to develop policies and environmental strategies to address the increasing trend. Contact: Cathy Lillehoj, IDPH, catherine.lillehoj@idph.iowa.gov

Sport-Related Concussion in Children and Adolescents-Clinical Report

Halstead, M. E., Walter, K.D., and the Council on Sports Medicine and Fitness. September 2010, *Pediatrics*, 126:3, 597-615, American Academy of Pediatrics. The abstract states, 'Sport-related concussion is a "hot topic". It is a common injury, likely underreported. Understanding the definition, signs, and symptoms of concussion is necessary to recognize it and rule out more severe intracranial injury. Concussion can cause symptoms that interfere with school, social and family relationships, and participation in sports. Proper equipment, sport technique, and adherence to rules of the sport may decrease the incidence or severity of concussions and nothing has been shown to prevent them. Appropriate management is essential for reducing the risk of long-term symptoms and complications. Cognitive and physical rest is the mainstay of management after diagnosis, and neuropsychological testing is a helpful tool in the management of concussion. Return to sport should be accomplished by using a progressive exercise program while evaluating for any return of signs or symptoms.' Full report <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;126/3/597>

Diabulimia and the Role of School Health Personnel

Hasken, J., Kresl, L., Nydegger, Y., Temme, M. October 2010, *Journal of the School Health*, 465-469. American School Health Association, 'Diabulimia, the omission or reduction of insulin use by persons with type I diabetes, is a harmful method of weight control. A review of the limited medical and diabetes-related organizations' literature on diabulimia was conducted to establish the role that school health personnel play in raising awareness of students with this condition as well as education for diabulimia prevention. Since insulin encourages fat storage, many with type I diabetes have discovered the relationship between reducing the amount of insulin they take and corresponding weight loss. Improper regulation of needed insulin treatments poses serious health problems that may require immediate medical attention.'

Weather – Wind chill

The National Weather Service website has a wind chill chart, calculator, and frequently asked questions at

http://www.crh.noaa.gov/dmx/?n=winter_monitor (center near bottom- wind chill calculator and chart)

Other resources: General Winter Safety-Schools <http://www.crh.noaa.gov/Image/lsx/wcm/Winter2008/school.pdf>

Weather Watch Childcare <http://www.idph.state.ia.us/hcci/common/pdf/weatherwatch.pdf>

Resources

Civil Rights Office, U.S. Department of Education: Protecting Students with Disabilities, Frequently Asked Questions about Section 504 and the Education of Children with Disabilities <http://www2.ed.gov/about/offices/list/ocr/504faq.html#interrelationship>

Food Allergy & Anaphylaxis Network (FAAN): [http://www.foodallergy.org/School Guidelines](http://www.foodallergy.org/School%20Guidelines) [http://www.foodallergy.org/U.S. Department of Agriculture. \(2001\). *Accommodating Children with Special Dietary Needs in the School Nutrition Programs: Guidance for School Food Services Staff*. USDA, Washington, DC](http://www.foodallergy.org/U.S.%20Department%20of%20Agriculture.%20(2001).%20Accommodating%20Children%20with%20Special%20Dietary%20Needs%20in%20the%20School%20Nutrition%20Programs:%20Guidance%20for%20School%20Food%20Services%20Staff.%20USDA,%20Washington,%20DC) http://www.fns.usda.gov/cnd/guidance/special_dietary_needs.pdf

Healthy Iowa Worksites: A worksite wellness toolkit was developed to assist Iowa employers in developing, implementing, and evaluating effective worksite wellness programs. The toolkit can be found in the Active & Eating Smart Tools for Change toolbox on the Iowans Fit for Life home page or at http://www.idph.state.ia.us/iowansfitforlife/common/pdf/healthy_worksites_toolkit.pdf

Making Worksite Wellness Work at Your School This resource was developed as a collaborative effort of Iowans Fit for Life and the Iowa Nutrition Network at the Iowa Department of Public Health and Team Nutrition at the Iowa Department of Education. It was designed because addressing health and wellness in the school environment has become increasingly important in recent year, not just for students, but for staff, as well. This document will provide school staff some easy suggestions to get an employee wellness program started. It is hot off the presses, so has not yet been posted to the website. Contact IowansFitforLife@idph.state.ia.us

Pertussis (Whooping Cough) Information: Sporadic Iowa pertussis cases continue to occur. Iowa Department of Public Health resources for health providers to increase their knowledge of prevention and control measures used in a Pertussis outbreak

<http://www.idph.state.ia.us/adper/pertussis.asp> Contact your local public health department for local pertussis information.

School Leader Update: Monthly publication containing information and resources for school leaders

<http://www.iowa.gov/educate/>

Unlocking the Potential of School Nursing: Keeping Children Healthy, In School, and Ready to Learn. Brief in Charting Nursing's Future series discusses the important role school nurses play, and the funding challenge schools confront supporting nurses' work keeping children healthy. August, 2010, Robert Wood Johnson Foundation <http://www.rwjf.org/pr/product.jsp?id=67348>

Websites: Department of Education (DE) <http://www.iowa.gov/educate>

Updated School Nurse page http://www.iowa.gov/educate/index.php?option=com_content&task=view&id=1729&Itemid=2524

Department of Public Health (IDPH) <http://www.idph.state.ia.us>

Department of Human Services (DHS) <http://www.dhs.state.ia.us>

Wellness Policy (Sample) and Resources: The revised Sample Wellness Policy is now available on the Iowa Association of School Boards' web site. It includes Healthy Kids Act changes that should be incorporated into your school's local wellness policy this year. Additionally, a School Wellness Policy Support Materials and Resources Guide now available, and includes resources to help implement the local wellness policy. To view both the sample policy and the resource guide, visit: <http://www.iasb.org/PolicyLegal.aspx?id=1040>

Calendar

January 27, Iowa Mental Health Resources for Children and Families webinar. 3:00 pm-4:00 pm. Presenter: Laura Larkin

<http://iowaec.na4.acrobat.com/r36813178/>

February 9, School Health Council Role and Function webinar. 3:00 pm-4:00 pm. Presenters: Charlotte Burt and Carol Hinton

<http://iowaec.na4.acrobat.com/r30686366/>

February 24, OSHA-Occupational Exposure to Bloodborne Pathogens webinar. 3:00 pm-4:00 pm. Presenter: Charlotte Burt

<http://iowaec.na4.acrobat.com/r77002464/>

March 3, Students with Health Disabilities Needing Special Health Services at School webinar, 3:00 pm-4:00 pm. Presenter: Charlotte Burt

<http://iowaec.na4.acrobat.com/r15471044/>

April 5-6, Iowa Governor's Conference on Public Health, Ames

April 5-6, Asthma Educator Institute, Johnston, register <http://www.mrsnv.com/evt/home.jsp?id=3089>

April 7-8, ISNO Spring Conference, Sheraton, West Des Moines

May 11, School Nurse Day

June 8-9, Iowa Immunization Conference, Des Moines

June 29-July 3, NASN Annual Conference, Washington DC, <http://www.nasn.org>

October 12-15 ASHA Conference, Louisville, Kentucky, <http://www.ashaweb.org>

October 13-14, University of Iowa School Nurse Conference, West Des Moines

Iowa Medication Administration Course

The medication administration basic course is available to Iowa school employees. **To access the course enter the district code for the AEA professional development system.** The course is for school personnel to whom authorized health practitioners have delegated the administration of medication at school and in school activities. The *Medication Administration in Iowa Schools* is an online education course designed to partially meet laws and assist schools to provide student medication administration safely and effectively. The course contains basic medication administration step-by-step procedures. After successful completion of the seventeen units with a 100% score, the person prints a certificate. Then the person takes the certificate to the school nurse to complete the skills demonstration and successfully complete the certification.

Directions to access the online training at the new location:

1. Go to the Heartland home page at <http://www.aea11.k12.ia.us>
2. Click on the link to **Online Trainings** under **Home** tab.
3. Click on the link for the entrance to **Online Training System**.

Register in the system: The first time in the new system, everyone must register (even if you have completed trainings before).

1. Click on the **Register into the System** button at bottom of the page.
2. Fill in your first and last name.
3. Enter either your social security number or your driver's license number using the one you have used at Heartland in the past, or you will not have access to your old records.
4. Choose your own personal username and password (**not** the one supplied by your AEA). The system gives you some hints to find an acceptable one. Please retain your username and password for future use.
5. Enter your email and click **Submit Student Information** button. You are now registered into the training system.

Login and Log out: The next time you come to the site, you will enter your username and password and click **Login** button.

To log out of the system, click on the **log out** button located in the upper right corner.

Forgot your username or password? On the Welcome page, you can recover your username and password. Click on **Recover user information** and enter the information requested. The information will be sent to the email address you provided when you registered.

To register for a course:

1. From the **Course Catalog** selection list, click the **Register** button for the training you wish to take.
2. On the map of Iowa, be sure to click the **AEA** serving your school district.
3. From the dropdown menu, choose the district that you are in, enter your nursing license number if applicable and the password given to you by your school district or AEA. Click **Submit**.

Just like before, you can log out of your course before you have finished and then login to resume.

To resume a course:

1. Click on **Active Courses** link.
2. Click on **Resume** button next to the course.

To change personal information click button with your name on it in upper right corner.

To print a certificate: To print out a certificate, click on **Course Certificates** and then click on course title. On the screen below, you will see a button that allows you to print the certificate.

To retake a course: Click **Retake** button next to the course that has not expired and refer to directions above under **to register for a course**. For questions, contact: Your AEA OR Heartland Professional Development, 1-800-255-0405, Ext. 14701

Iowa School Nurse Mailing List

The Iowa School Nurse (iowasn) Mailing List is a communication tool for Iowa School Nurses. The mailing list is the Department of Education link with school nurses allowing the Department and Nurses to communicate via email messages. Iowa School Nurses can use the mailing list to request information, share news and initiatives, and receive news. School nurses joining the iowasn mailing list will add their email address to the online school nurse mailing list and can send messages to all members at any time. Posted messages automatically go to everyone on the list, over 500 school nurses.

To join the mailing list, send a blank email to:

Join-iowasn@lists.ed.iowa.gov

To cancel the mailing list, send a blank email to:

leave-iowasn@lists.ed.iowa.gov

To send a message to other school nurses on the list, type title in subject, message in the body, and send to:

iowasn@lists.ed.iowa.gov

No other commands are necessary and joining is free.

Note: When sending a message please include your school, address, phone number, and a resource you found for your question/comment. List members request the person who asks a question summarize responses then post the summary on the list. Members are requested not to post requests for health plans.

Post only information you would like to see on the first page of the Des Moines Register or your local newspaper.

Please contact Charlotte Burt, School Nurse and Student Health Services Consultant with questions and comments, email, charlotte.burt@iowa.gov, phone 515.281.5327.